GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent
OF BABES AND CRIBS
Safety and Cleanliness Go Hand In Hand

Since babies spend much of their time in a crib, it is important to check crib safety often. Stringent precautions should be observed.

Inspect the crib periodically to protect a child. Check for broken slats or other missing parts. Ragged edges are dangerous since a baby can be cut or swallow a piece chewed off. Place bumper pads in the crib for added protection, and use them until the baby can stand up without assistance.

Never use a pillow for infants and do have a snug-fitting mattress in the crib to minimize any chance of suffocation. The mattress does not fit tightly enough if more than two adult fingers fit in between the mattress and crib. Wedge large, rolled up bath towels between the mattress and the sides of the crib for a secure fit.

A majority of crib accidents involve babies falling while trying to climb out, therefore, place the top of the side rail as far from the mattress as possible. When the side rail is ¾ the height of the child, it's time to move the child to a regular bed.

Keep the crib and other nursery furnishings scrupulously clean.

Wipe down the mattress and wash the mattress cover often. Plastic or rubber sheets can be machine washed and dried. Use the AIR setting for drying these items. Clean the crib, bumper pads, dressing tables, highchairs and other furniture regularly with a sudsy sponge. If desired, use bleach, according to directions, to disinfect and deodorize baby's laundry. Enameled, painted or varnished furniture can also be disinfected by washing with a solution of ¾ cup chlorine bleach to a gallon water. Apply with a cloth or sponge; rinse well and dry.

Don't forget to clean toys! Some can be wiped with a sponge wrung out of a suds solution, especially mobiles and toys attached to the crib. Stuffed or sponge toys can generally be machine washed for thorough cleaning.

Other safety precautions include checking toys regularly for any loose pieces, and keeping safety pins and toiletries out of baby's reach. Be sure, too, that there are no rough or sharp edges on metal hardware or furnishings. Use only non-toxic paints and finishes if repainting or redecorating.

RECIPE OF THE WEEK
Chicken Casserole

1 chicken-cooked until tender. Debone and cut up into bite-size pieces. Place in a buttered casserole dish and add:
1 can cream of chicken soup (undiluted)
1 can cream of celery of soup (undiluted)
1 pkg. of dressing
1½ cups of chicken broth
Mix together gently. Top with some dressing and several dots of butter.
Bake for 30 minutes at 350°F.

Tick Menace Described

The recent upsurge of reported cases of Rocky Mountain spotted fever in the United States is causing health officials to look with growing concern at the lowly tick - - the principal vector, or transmitting agent, of the disease to man.

Virginia's 135 cases of spotted fever last year topped all other states in the Nation, and North Carolina was second with 113. Tennessee's 66 cases ranked fourth behind Oklahoma.

"It's apparent that ticks are becoming more of a problem," says Dr. Joseph C. Cooney, an entomologist with TVA's Water Quality and Ecology Branch in Muscle Shoals, Alabama. "From 1954 through 1968, the number of cases of spotted fever in the United States was less than 300 a year. But since 1969, spotted fever has increased to the point where 774 cases were reported nationally last year."

The initial symptoms of spotted fever are headaches, chills, body pains and high fever. On the third or fourth day, a definite rash appears and eventually spreads over the whole body. Without treatment, spoted fever is fatal about 20 percent of the time, but since the availability of antibiotic treatment, the overall fatality rate has declined to about 5 percent.

"If spotted fever is detected soon enough, it can usually be treated very successfully with antibiotics," Dr. Cooney says. "It's much more difficult if treatment is delayed, so early diagnosis is very important."

Dr. Cooney credits the rise in spotted fever cases in part to the fact that outdoor recreation opportunities are attracting growing numbers of people to the woods and fields where ticks abound, while migration to the suburbs has resulted in more people living in proximity to tick habitat.

Dr. Cooney urges individuals going into tick habitat to inspect themselves thoroughly when they come out. "By carefully checking your clothing and skin, you can often get ticks off before they attach. If a tick does attach, it should be removed as quickly as possible. The best way to remove an attached tick is with tweezers. First douse the tick and the skin around it with an antiseptic, then grasp the tick with tweezers as close as possible to the point of attachment and remove it with a slow, steady pull. Do not jerk the tick, for often the head will come off and remain imbedded in the skin, which could lead to secondary infection."

Dr. Cooney cautioned that ticks should never be removed with the fingers as infectous material could be introduced into the body through the wound made by the tick. By the same token, people with pets should not remove ticks from the animals with the fingers as it is possible to contract spotted fever simply from handling a tick infected with the disease.

BROWNIE TROOP 308, at its meeting Tuesday of last week, was given a talk on first aid by Bill Harvey, Junior Member of the Appomattox County Rescue Squad.

After his talk, Mr. Harvey was presented with a donation for the use of the squad. The Brownies had earned money for the donation by collecting and selling drink bottles.

Troop leaders are Mrs. Nancy Long and Mrs. Brenda Brinkley.

Methodist Fight World Hunger

United Methodist Churches of the Farmville District have had a major part in raising what may become the largest single offering ever received by the United Methodist Church in this country.

Bishop W. Kenneth Goodson launched a special appeal for world hunger in mid-February. Through April 23, the Virginia Annual Conference has raised $65,433.80. Almost $40,000 of that amount was received in the first three weeks of April.

The money is being applied toward the establishment of a fertilizer bank in India, and Bishop Goodson reported that the first shipment of fertilizer will leave New Orleans May 5 or 6 aboard the steamer Thomas Lynch.

Dr. W. CVarroll Freeman, superintendent of the Farmville District, has joined Bishop Goodson in urging churches to continue their participation in the special effort.

Bishop Goodson has asked all churches to hold their offering for May and the first two weeks of June and bring them to Norfolk for the session of the Virginia Annual Conference, Tuesday, June 17, has been designated World Hunger Night, and those offerings will be dedicated at that time. Dr. J. Harry Haines, General Secretary of the United Methodist Committee on Relief, will be the featured speaker. The massed offering of the church's war on hunger.

Majorettes Plan Car Wash May 10

The Appomattox County High School Majorettes will sponsor a Car Wash on Saturday, May 10, at the Farmers National Bank, Triangle Plaza Branch.

The car wash will begin at 10 a.m. and end at 5 p.m. Everyone is asked to try to come out and support the majorettes as they need your backing. They are working to try and get new uniforms.

The cost will be $1.50 for outside wash, and 75c more for inside cleaning.

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of the surrender ground as is the old village itself. So to claim that Appomattox Courthouse, as applied to the scene of the surrender, could be buried in oblivion by the changing of its name, would be simply absurd.

Ever since the fire, which was about two years ago, the station has been Appomattox Courthouse and such it would always have been called, no matter what name had been applied to it as a post office, and in the very nature of our county and her people, it would have been absolutely impossible to have induced them to know it by the other name. The memories entwined around the name are as dear to the hearts of our people as the life blood that courses in their veins, and to the pride in the past history of their county may be left the preservation of all its history interests."

In January, 1895, the Post Office Department solved the problem by designating the old courthouse village as "Appomattox" and changing the name of the new courthouse's post office from "Nebraska" to "West Appomattox".

LOOKING BACK . . .

1.Community located in NNE section of county:
a.) Arcanum b.) Red Bridge c.) Tower Hill d.) Oxford

2. The Appomattox National Park Association was founded in:
a.) 1932 b.) 1895 c.) 1878 d.) 1910

3. The Town of Appomattox was incorporated in:
a.) 1902 b.) 1925 c.) 1856 d.) 1887

4. She helped unveil the Confederate Monument in May, 1906:
a.) Emily Janine b.) Julia Howe c.) Eleanor Scott d.) Sue Sears

5. Creek located in county's southwestern corner:
a.) Rattlesnake b.) Buck c.) Suanee d.) Rocky

ANSWERS
1.) a 2.) b 3.) b 4.) c 5.) b

Adult Professional Selling Class

Sponsored by Distributive Education Dept. ACHS

There will be an adult professional selling class offered to all store managers and their employees at the Appomattox County High School starting May 13. This is an excellent class for all people engaged in selling. The class will cover new techniques in closing and sale and also motivation techniques for employees. It is also an excellent refresher course for those who have been in selling for many years. The instructor will be Mr. Andrew Bowling who is the vice-president and manager of Roberts Piano in Lynchburg. There will be a $6.00 fee which will cover refreshments and all materials for the class. The class will meet May 13, 20, 27, and June 3 from 7:00 p.m. until 9:30 p.m. Anyone who is interested please contact Don Horne at Appomattox County High School. Phone 352-7146.

Rocks

MAY 5 - Farmers are busy planting corn.

Mrs. Lockie Moore and Mrs. Kate Dinkins accompanied Mr. and Mrs. Ned Almond to Chilhowie, Va. last week to visit relatives and friends.

Mrs. Louise Wagner returned home Friday after spending the week in Concord, N.C. with her granddaughter, Jennifer Wagner. On Friday she stopped in Winston Salem, N.C. to visit friends during the day.

The Rocks Quartet furnished special music for the revival at Piney Ridge Church on Thursday night.

Mrs. L. C. Elder spent the week end in Powhatan with her daughter, Margaret Payne.

A speedy recovery is wished Mr. Roy Keys who fell this a.m. (Monday) and broke his arm.

Sympathy is extended to the Gordon family in their great loss.

Mrs. R. E. Roach accompanied her daughter-in-law, Estelle Roach, to the revival at Hixburg on Friday night.

Ralph Kress returned home Saturday from a hospital in Richmond. A speedy recovery is wished him.

Rev. and Mrs. W. H. Elder and Patricia went to Warrenton, Va. Saturday to visit her uncle, who is 97 years old and some others, Mr. and Mrs. Smith.

Mr. and Mrs. R. E. Roach were dinner guests of Mr. and Mrs. Toby Inge Sunday.

Congratulations to the Rocks Quartet for the release of another album, "The Way of the Cross." This makes their fourth album.

Melinda McIntosh, Betty Garrett and Cindy Hix furnished special music for the revival at Hixburg last week.

The Rocks Quartet went to Monroe to furnish special music on Sunday night. A speedy recovery is wished Miss Mag Branch who fell Sunday night out of a chair.

Congratulations to Mr. and Mrs. Bradley Baldwin who won an azalea from Superior Tree Nursery today on their anniversary.

A Birthday supper was held at Rocks Church Saturday night for Rev. Don Wagner. The Group sang, "Happy Birthday" to him. He received many cards and gifts and a cake. He said, that it was the best birthday he had ever had. He was wished many more happy birthdays. Between 75 to 80 were present to help him celebrate it. On Sunday night Rev. Wagoner shared his Birthday cake with a few families. Coffee and candy also were served. Bill Woody provided the candy.

RONALD JONES, senior at Appomattox County High School, is shown holding unusual bullet shaped egg produced by one of his Rhode Island Red hens. Ronald won the Chapter Poultry Award for Appomattox County High School. His agriculture teacher is Billy Perrow. Ronald lives with his parents, Mr. and Mrs. H. B. Jones, on their 300 acre "Sunny Side Farm" at Spout Spring. After graduation Ronald plans to engage in farming.

Stonewall

"Thou shalt love thy neighbor as thyself." Lev. 19:18.

Mrs. Va. Bondurant came home Saturday from Lynchburg General Hospital.

Mr. Richard Jones spent last week end with his grandparents, Mr. and Mrs. I. B. Wheeler.

Mr. and Mrs. Ben Wheeler, Mr. and Mrs. H. B. Jones, Ronnie, Kathy Irby and Richard visited Mr. and Mrs. I. B. Wheeler Sunday also Mr. and Mrs. Wilbour Moon and Beth Wright of Lynchburg.

Mr. and Mrs. Irby King and children visited his parents last Sunday, Mr. and Mrs. Hatcher King.

Mr. and Mrs. Lyle Gilbert are away on vacation.

Mrs. Mary Taylor was called to North Carolina last Sunday due to sudden death of her nephew who was killed in an auto wreck.

Mr. and Mrs. William Alvis and Bridget were dinner guest of Mr. and Mrs. J. P. Alvis, Jr. Sunday.

Mr. and Mrs. Bruce Stratton were dinner guest of Mr. and Mrs. Marshall Stratton Sunday.

Mr. and Mrs. Jessie Judy of Luray, spent the week end with her parents, Mr. and Mrs. D. B. McCraw.

Mr. and Mrs. Stewart Barrell of Culpepper, spent the week end with Mr. Osborne and Crawford Davidson.

Mrs. Hazel Gallespie visited Mr. and Mrs. I. B. Wheeler last Wednesday afternoon.

Mr. and Mrs. Bob Harris and Will visited Mrs. Nina and Elsie Caldwell Sunday.

Jordan News

All present enjoyed the program coming from the Heavenly Gospel Singers on last Sunday night.

The Senior Choir will meet Friday night at 7:30 p.m.

The Junior Choir will meet Saturday afternoon at 2:00 p.m.

On Saturday night at 7:30 p.m. there will be a special program here for the bus fund.

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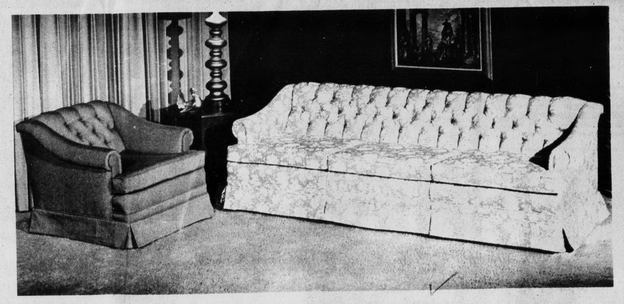

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